

THE GOOD
SAMARITAN;

OR,
Useful Family Physician:

CONTAINING
Observations on the most frequent Diseases of
Men and Women, Infants and Children;
With Directions for the Management
of the SICK.

And a Collection of the most approved
RECEIPTS

For Making and Preparing some cheap, easy, safe,
and efficacious Medicines for their Recovery.

LIKEWISE
Directions concerning BLEEDING.
Delivered in so plain and easy a Manner, that any Per-
son of tolerable Sagacity may be his own Physician,
or direct for others with Propriety and Success.

By Dr. L O B B.
Member of the Royal College of Physicians in London;
And other eminent Practitioners.

TO WHICH IS ADDED,
A Method of restoring to Life Persons drowned, or in
any other Manner suffocated. From FEIJOO, a
learned Spanish Author. Also infallible Remedies
for the venomous Bite of Mad Dogs, Vipers, &c.

D U B L I N:
Printed by W. SLEATER, at Pope's Head on Cork-hill.

1764.

65774412 WESTON & SONS
DUNSMITH 26 APR 1957



Observations on BLEEDING,

OF all the Remedies recurred to in relieving the diseased Part of Mankind, there are none of such general Service and Advantage as that of BLEEDING; as there is no One, on the other Hand, attended with more pernicious Consequences, when indirectly or injudiciously ordered. A Number of Illnesses are absolutely owing to too great a Quantity of Blood; in which Cases there is ever of Course an indispensable Necessity for proportionably draining this Fluid. In all inflammatory Distempers, it is next kin to a Sacrilege to omit it; as it is on the contrary, exposing the Patient to the utmost Hazard, to enjoin it in a low, languid, depressed State, where the Spirits before were too much exhausted, and Nature consequently unable to support the least Evacuation. Hence, it ought to be constantly directed, and repeated according to the Exigency of the Violence and Duration of the Malady, in pleuretic and peripneumonic Disorders, during the first few Days of those painful Attacks. But it is in vain to expect any Resource from thence, when once Suppuration is begun, and the morbid Matter is only to be thrown off by Expectoration, which Bleeding must necessarily retard.

Again; In Apoplectic and Epileptic Disorders, a Dysentery or Bloody-flux, and irksome Heat of the Bowels, we must bleed in Proportion to the Illness; which we must likewise generally do in the Beginning of Fevers, and religiously abstain from drawing away Blood on their Decline; as from being inflammatory, they are often at this Period degenerated into the nervous Kind, when the Chief of the Affair is to be transacted by a liberal Application of Blisters.

Bleeding again, ought to be directed in large Abscesses, where there is an excessive Turgency from the

Flux of Humours, and a great Oppression of Nature from immoderate Heat. For in that Case, by drawing away some Blood, the Suppuration is happily performed, both in Point of Time and the compleat discharge of the morbid Matter.

In the Small-pox also (for the Communication of which Experience we are obliged to Dr. *Mead*) Bleeding, and that repeated in some Cases, may be advantageously ordered in plethoric Habits at any Period of that Distemper, except in Children under Twitchings of the Nerves, before the Eruption, it being, in Respect to these, found by frequent Trials, that the taking away Blood in that Situation renders the Disease mortal.

In a Word, wherever prevail sore Eyes, a Sciatica, dry husky Cough, an Head-ach, Inflammations of the Womb or Bladder, a virulent Gonorrhæa, Cordee, Buboës, venereal Stricture, inflamed Piles, hot Rheumatism, dry Gripes, sore Throat, an Asthma, Cholic, Stranguary, Gravel, Nephritic Pains, Hæmorrhages, an inveterate Itch, and the like, the opening of a Vein is of peculiar Service. But in Dropsies, Jaundice, the Gout, and all Illnesses derived from too great a Relaxation of the Vessels, or Obstruction of them, Remedies adapted to the respective Complaints, must be sought for from other specific Quarters, without the least Thought of increasing these Disorders by abrupt and preposterous Bleeding

T H E



THE GOOD
S A M A R I T A N.

Directions for the Management of INFANTS when they are not well, and likewise when Infants and Children have Fevers, whether intermitting or continual, whether with Eruptions, as the Measles, Small-pox, &c. or without; and when they have Coughs or Convulsion Fits: With Directions for making and giving suitable Medicines in the several Cases. Whereunto are added the Extracts of some Letters, which shew from Experience the Efficacy of some of the Remedies recommended.

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Propose to communicate to the Public, a few Papers on the most frequent Diseases, with Directions for managing the Sick, and an Account of some MEDICINES which through the Course of a long and large Experience, I have found most effectual for the Cure of them.

This Service I shall endeavour to perform for the Use of the Poor, and of such other Persons as cannot have better Advice: And as with a Desire, so with a Hope, through the Divine Blessing, they may be the happy Means of preserving many Lives.

As to Infants and Children, the Subject of my present Consideration, I give the following Directions for the general Management of them in Time of Health viz.

1. That no Roller be put round their Bodies.
2. Nor any Sort of Stays used: but instead of them a Waistcoat under their Frocks, when they are put into short Petticoats: The human Body naturally growing

into its best Shape and Proportion of its Parts when left to itself.

3. That Infants have no Shoes nor Stockings, till they can run about barefooted; and then Shoes without Stockings.

4. That the Diet of young Children be very plain or simple, such as Milk, Milk and Apples, sweetened with Sugar to a pleasant Taste, which is a proper Food not only while they are well, but when they have the Small-pox or Measles, or other Fevers: Likewise Water Gruel made of Oatmeal, with Butter and Sugar, as well as Bread, when they are costive; or Water Gruel made of fine Wheat Flower, instead of Oatmeal, or Panada, made with white Sea Biscuits, and sweetened with Loaf Sugar, when the Stools are too many and very thin. For Dinner they may eat Bread Puddings, Apple Fritters, &c. They may eat Bread and Butter, and dry Bread sometimes.

Their Drink may be River Water, or Barley Water, with Milk or without it. But feeding young Children with Animal Food, before they are two years of Age, and giving them fermented or spirituous Liquors, is sowing the Seeds of Diseases.

When Infants or young Children have a Fever, whether it be continual or intermitting, the following general Directions should be observed, viz.

1. To give them as plentifully as they will take it, some diluting Liquor, when they are thirsty.

2. To supply them with such nutritious Food as they will take most freely; because it abates the Acrimony of the Blood, repairs the Waste of the Body, and is one of the best Cordials; Two or Three common Spoonful of small Whey, made with Canary or Mountain Wine, may sometimes be given them. I would observe (before I describe the Medicines that I shall recommend) that an Ounce of any liquid Mixture contains Eight Drachms, or about Two common Table Spoonful; that One such Spoonful contains four Drachms: that one Drachm, or the Fourth Part of such a Spoonful, is a Dose for an Infant in the First Year of its Life: in the Second Year, the Dose may be increased Half a Spoonful:

Spoonful: a Child Three Years old or upwards, may take a whole Spoonful.

The Doses are to be given Four Times a Day, at Four Hours Distance, and the Child to drink some Barley-water after each; there is no Occasion for its fasting, but Food may be given it as soon as it has taken its Medicine.

The Medicines I recommend in the Diseases mentioned, are the following:

(A.) Take Eight Grains of the Salt of Wormwood, Four Grains of Cochineal in fine Powder, Fourteen Drachms of small Alexiteric Water, (or common Water) and Two Drachms of the Balsamic Syrup, of these make a Mixture for an Infant.

For a Child about Two Years old, this Mixture may be prepared in double Quantity: This Mixture I have found very effectual for the Cure of Infants, while they live upon the Breast, and after they are weaned, whether their Fever be continual or intermitting; and often of great Service against Consumptions and the Cough; and in Regard to these last Symptoms, I order the Belly, the Sides and Breast of the Child, to be gently rubbed with warm (not hot) Oil of Olives, for four or five Minutes, and then wiped off again; this may be done once or twice a day, or oftener if there should be Occasion; and this is One good Remedy against Convulsion Fits.

(B.) Take Salt of Wormwood, Sal Prunella and Cochineal, of each Ten Grains, small Alexiteric Water (or common Water) Three Ounces and a Half, balsamic Syrup, Half an Ounce; of these make a Mixture.

This Mixture is somewhat more cooling than the former.

If the Child is very costive, I omit the Cochineal and order the following.

(C.) Take the Calx of Antimony, Salt of Wormwood, Sal Prunella, of each Ten Grains, small Alexiteric Water (or common Water) three Ounces and a Half, balsamic Syrup Half an Ounce; and make a Mixture.

(D.) Take compound Powder of Contrayerva, Calx of Antimony, Salt of Wormwood, or the Sal Prunella, of each Ten Grains, small Alexiteric Water, Three Ounces, small Cinnamon Water, balsamic Syrup, of each Half an Ounce; of these make a Mixture.

The Phials, in which the Powder sinks to the Bottom, must be shaken before it is poured out, The Mixture that is used and proves beneficial, must be repeated, and its Use continued so long as needful.

When a Stool shall be wanted, a Glyster made of Milk and Sugar, or of Water Gruel, brown Sugar, and Oil of Olives, may be given to the Child.

When a Looseness happens, and the Stools are watery, or thin and green, then the following Mixture is proper, viz.

(E.) Take compound Powder of Contrayerva, red Coral prepared, of each twenty Grains, small Cinnamon Water, Three Ounces and a Half, balsamic Syrup, Half an Ounce; of these make a Mixture.

Sometimes instead of the Coral, I direct the same Quantity of fine Chalk in fine Powder; and order, that Half a large Spoonful, or a whole one, according to the Size of the Child, be given it warm after every thin and griping Stool, first shaking the Phial: but taking a Dose of the Mixture marked (A), every Fourth Hour while the Fever continues.

If the Child has a Cough, be it hooping or not, the Mixtures (A) (B) (C) are proper Remedies in regard to it; and while the Cough continues, I advise giving the Child Two or Three Spoonful of a Tea made with the Herb called Cup-moss, sweetened with a Decoction of Figs; also, a Tea Spoonful now and then of a Mixture of Oil of Olives, with Sugar, to the Consistence of a thin Syrup; when the Cough continues after the Fever

ver ceases, I order Two or three Drops of the Balsam of Capivi to be given Night and Morning, with some Powder Sugar, to a Child about Four Years old.

When Children have the Small-pox, if the Pustules are few, and continue increasing in Bulk, and the Supuration of them proceeds well, there is no Occasion for Medicines, but a suitable Diet, especially Milk and Apples, Milk Porridge, &c. with giving the Child now and then a little Sack or Mountain Whey, may be sufficient.

If the Pustules are very numerous, and the Fever continues, besides the suitable Diet, some Medicines should be given, and the Mixture marked (B), or that marked (D), may be fitly given; but if the Disease is of the confluent Kind, and a Looseness happens, often very happy for young Children, then the Mixture marked (C) is more proper.

When Children have the Measles, they should be fed with the same Sorts of Diet as in the Small-pox; if the Fever continues high, the Mixture marked (A) may be given, and in Regard to the Cough, which often attends this Distemper, the Directions before mentioned, about this Symptom, should be observed.

The following Extracts may somewhat exemplify the Advantages obtainable by the foregoing Advices.

In the latter End of February last, I received a Letter from a Gentleman near Eideford in Devonshire, in which he writes thus, *viz.*

“ There is a Boy of Six Years old in this Place, that
 “ has had the Hooping Cough ever since September;
 “ he is now much better, but has a prodigious Wind
 “ and Belching on his Stomach, and very severe Fits
 “ of Coughing at Night, but no Hooping. I have re-
 “ commended him to an Apothecary for some Time,
 “ but without Effect. His Father is an industrious
 “ poor Man. This I mention to you, and it would be
 “ a very good Deed to recommend the Child to a Re-
 “ lief; for you must know this is a Country Place;
 “ where, if the Parents could afford advising with a
 “ Physician, there is none nigher than Twenty-five
 “ Miles.”

He likewise mentions that the Hooping Cough has been much in that Country.

February 28, I returned an Answer, in which I wrote as follows:

Against the Hooping Cough.

Take one Scruple of the Salt of Wormwood, and dissolve it in a Quarter of a Pint of pure Water, then add to it Ten Grains of Cochineal in fine Powder, and sweeten it with white Sugar to a pleasant Taste.

Of this Mixture the fourth Part of a common or Table Spoonful may be given to a Child within the first Year Four Times a Day, at Four Hours Distance, with a Spoonful of Barley Water after it. To a Child near Two Years old, Half a Spoonful may be the Dose; to a Child above Four Years old, a common Spoonful may be the Dose. As for the Boy you mentioned of Six Years old, he may take a large Spoonful Four Times a Day; also he may take Three or Four Drops of the Balsam of Capivi, with Powder Sugar, Night and Morning; and Milk and Apples are a proper Food for him, that is, Apples boiled in a Pipkin (as if intended for Sauce to roasted Pork) put into very warm Milk, and sweetened to his Palate with Sugar.

In the latter End of June last, I received another Letter, in which, after an Apology for his long Silence, and some other Matters, he writes thus, *viz.*

“ As to the Hooping Cough, it is now out of our
 “ Neighbourhood. The Remedy which you prescribed
 “ had a wonderful Effect, particularly in the Case
 “ of the Boy I wrote to you about Six Years old, who
 “ was relieved in Twenty-four Hours, and, I think,
 “ cured in Five or Six Days. I recommended it to several
 “ poor People, and will say it always had Success;
 “ therefore, in Behalf of several poor distressed Families,
 “ you have my sincere Thanks, and may the Author
 “ of all Blessings reward your humane and charitable
 “ Disposition.”



Of FEVERS in Men and Women, and the two general Sorts of Causes which produce them: And shewing how People may know and distinguish them one from the other; and what may be concluded from them.

HAVING considered the Fevers and Coughs of Infants and Children, I shall now communicate my Sentiments on these Diseases in adult Persons, that the poorer Sort of People, who cannot be at the Expence of a Physician, may know my Opinion, and have my Advice for the Management of the Sick, and for making some proper and cheap Medicines for their Recovery; Medicines which, in my Experience, have been very effectual in restoring them to Health.

There are two principal Sources of Fevers: One comprehends the Causes which renders the Blood, and other Fluids of the Body, too thick; the other includes those which make them too thin; and I shall shew how common People may distinguish one Sort of them from the other. It should be observed, that in all Fevers of every Kind, there is a morbid Quality introduced, and subsisting in the Blood, as the productive Cause; and the proper Means for curing them are such Methods and Medicines, as by Experience have been found effectual for removing the morbid Quality, and recovering the Sick in the shortest Time.

In some Persons, where there is too much Blood, such Bleeding may be advised as will draw off the Excess, except in pestilential Distempers, in which Blood-letting has proved almost always mortal, even in the Bodies fullest of Blood: This Evacuation may be moderately used in Pleurisies, and as the Extremity of Pain and the Difficulty of Breathing shall require it.

That the common People (who generally know when Persons have Fevers) may have a little more Knowledge of these acute Diseases, and how to distinguish one Kind of them from another, the Person who is to direct for the Sick should carefully enquire into the State of his
Body :

Body: He should examine the Pulse. Let him feel the Pulse of Two or Three who are in Health, and his own Pulse, and then compare them with the Pulse of the Patient, and thereby he will come nearly to know how much it differs from the healthful Standard, as to Quickness or Slowness, and as to its Strength or Weakness, and be able to deduce some Conclusions which may guide his Conduct, then let him learn the Degree of febrile Heat, and one Way to do this may be by feeling the Side of the Neck below the Ears, (through which the large Blood Vessels pass to and from the Brain) and thus the Degree of the Heat of the Blood may be known; and the other Symptoms of the Patient should be particularly enquired into.

If the Heat of the Body is excessive, the Pulse quick and strong, and the Flesh is very dry, and the Pores of the Skin very close, and the Thirst very great, it may be concluded that the Cause which produced that Fever has rendered the Blood too thick.

If the Pulse is too quick, and not strong, and the Heat of the Body not great; if the Tongue is very black and dry, and the Thirst is great, or if the Patient voids Blood by Urine, Spitting, or at his Nose or by Stool; or if he has flat Spots on his Skin, black or reddish in Colour; or if he has a great Looseness, with watery or thin Stools; or if he has profuse Sweats, with a sensible Sinking of his Spirits, and Decrease of Strength, it may be inferred, that the Fever is of a putrid kind.

General Directions for the Management of adult Persons under Fevers, and preparing Medicines for them; with an Account of some Remedies against intermitting Fevers, and a cheap Way for the Poor to take the Bark.

§. 1. **T**HE Observations premised in my last, I apprehend, may be easily understood by People of common Capacities; and a due Attention to them will enable Persons in Families to direct for the Sick with Propriety and Success.

§. 2. The

§. 2. The general Rules about the Use of diluting Liquors, and a nutritious Diet, recommended on the Fevers of Children, should, for the same Reasons, be observed in the Management of adult Persons under them; and the Medicines I advised for Children are proper for Men and Women under the same Kinds of Fevers (whether with Eruptions, as the Measles, the Small-pox, &c. or without them) by increasing the Proportion of the Ingredients, and enlarging the Doses of them, thus, *viz.*

§. 3. Take Salt of Wormwood, Sal Prunella, Cochineal, of each Half a Dram; common Water Four Ounces; Nutmeg Water, balsamic Syrup, of each One Ounce, and make the Mixture marked (B); the Dose to be Two common Table Spoonsful once every Three or Four Hours.

§. 4. The other Mixtures, marked (A) (C) (D) (E) may be made in the same Manner, and given to the Sick according to the Directions there given.

§. 5. I may recommend *Salt-Petre* to the poorest Patient under continual Fevers, as an efficacious as well as cheap Remedy.

§. 6. I shall mention one Instance of its Utility. A poor Woman asked my Advice for her Husband (a Man about Forty Years old) who had a Fever, with a violent Pain in his Side, and was light-headed at Times.

§. 7. I advised her to get an Ounce of Salt-Petre, powder it, then to divide it into Four equal Parts, and each of them into four others, for so many Doses, each of which will contain about Half a Drachm. I directed that she should give One of them dissolved in a Coffee Dish of Sage Tea, sweetened with Sugar to his Palate, every Three or Four Hours; and when he had taken this Salt, she came and told me, that his Fever was gone, but that his Cough remained: I then advised her to give him about Twenty Drops of Balsam Capivi, with Powder Sugar, Night and Morning; and he happily recovered.

§. 8. Intermitting

§. 8. Intermitting Fevers, those especially whose Fits return every other Day, have been often cured with a few Doses of Cochineal, by taking about half a Drachm of it in Powder, some Time before the Accession of each Fit; and others have been recovered by taking Five, Six, or Seven Grains of the Virginian Snake-root, Three Times on the Days of Intermission, at about Four or Five Hours Distance; and I have, with Success, advised some of the Poor to drink a Quarter of a Pint of Tea, made with the Root of Burdock, every Third or Fourth Hour during the Intermissions, sweetened with Sugar or not.

§. 9. This Sort of Intermittents allow a good Opportunity for taking the Peruvian Bark, and that the Poor, those great Objects of our Compassion and Charity, may have the Benefit of that excellent Remedy at the least Expence, I advise them to the following Method, viz.

§. 10. To buy an Ounce of the best Bark in Powder, then to divide it into Eight, or Twelve equal Parts, and to take a Dose of it every Third Hour, during the Intermissions, beginning, as soon as they are quite free from a Fit, in the following Manner, viz.

§. 11. Mix a Dose of the Bark with a Tea Cup of hot Water, with which it will mix easily; and when cool enough, then let the Patient take it, and drink after it a Glas of Punch made in the common Way, and take his Meals at his usual Times. Suppose the Time for taking the Bark happens in the Time of Dining, let him first take the Bark and then eat his Dinner. I have done so myself.

§. 12. I advise the Patient to take the Bark in the Night as well as in the Day, which I have done myself several Times, having a Person to sit up and wake me when the Time for taking the Bark comes.

§. 13. If the Patient can take a Drachm of the Bark for a Dose, without finding his Stomach loaded, let that Quantity be the Dose; and when he has taken One Ounce, though he misses the Fit, yet let the Bark be prepared, and the Doses taken at Four Hours Distance.

Of Consumptions or Hætic Fevers with Coughs. The State of Things in Bodies under such Fevers. Four Intentions to be pursued for the Recovery of Persons from them; particular Directions as to Management and Medicines.

§. 14. **I** Do not pretend, in these Papers, properly to treat of those Diseases which are the Subjects of them; but only to communicate some Sentiments, which may remove mistaken Opinions, that lead into a Mismanagement of the Sick, and to propose such Directions, as to Diet and Remedies, as I have found to be of great Efficacy for their Recovery.

§. 15. A delightful Employment this! A Service pleasing to our merciful God, who requires us, as we have Opportunity, to do Good unto all Men! It is a Service which may prove of great Utility to many in Time of Sicknefs, and the Thoughts of this are pleasing to me.

§. 16. I shall now take Notice of Hætic Fevers with Coughs, which are commonly called Consumptions, on Account of that great Waste or Decrease of the Substance of the Bodies afflicted with them.

§. 17. There is in these consumptive Distempers, a quotidian intermitting Fever, as there is in some Persons who have no Coughs; and as in these daily Fevers without a Cough, the Fever Fit returns in some Patients only Once in Twenty-four Hours, in some Twice, and in others Three Times, in the Space of a natural Day, so it happens to some Persons in Consumptions.

§. 18. There are Four Things to be endeavoured for the Recovery of consumptive People, namely,

§. 19. 1. To remove the Fever. 2. To prevent the sliding or falling down into the Lungs of that watery Humour which is continually descending into them, especially in the Fits of the tickling Cough; because that watery Humour (in Proportion to its filling the Air Vessels of the Lungs) makes a short and difficult Breathing, and by the Evaporation of the thinnest Parts with the Breath, becomes a very viscid Phlegm; and likewise because (if it has a certain Degree of Acrimony) an Ulceration

ration of the Lungs will be the Consequence. Therefore this Intention is of vast Moment. And happy it is for Mankind, that an easy Method for this Purpose is communicated to the Public,

§. 20. 3. To promote an emptying of the Air Vessels of the Lungs, by an easy Expectoration of the viscid Humour contained in them.

§. 21. 4. To strengthen all the muscular Fibres and Vessels of the Body.

§. 22. It appears to my Understanding, that when the Quantity of the Animal Fluids is too little (as it certainly is in consumptive Cases) I am not to use any Means to render it less.

§. 23. All the ill Consequences of improper Evacuations, are so many Arguments against them: Therefore I do not advise bleeding or purging my Patients under consumptive Diseases, but pursue the four Intentions mentioned.

§. 24. 1. For removing the Fevers, (§. 20.) I advise such Remedies as the following, viz.

Take Salt Petre, One Drachm; Cochineal, Half a Drachm; pure Water, a Quarter of a Pint; the best Brandy, balsamic Syrup (or Honey or Sugar) of each One Ounce; and with them make a Mixture; the Dose of which may be Two Table Spoonsful every Third or Fourth Hour, whether the Fever is on or off. The Mixtures also marked (A) (B) (Page 3.) are proper to the same End.

§. 25. As to Diet and diluting Drink, I recommend Milk and Apples, Water Gruel, made of Meal, or fine white Flower, with a little Butter or Sugar or Cyder Whey, or Barley Water, or Ground-ivy Tea, sweetened with Sugar or Honey, acidulated with the Juice of Lemons, or an Apple boiled in a Pint of Water, with one large Spoonful of Brandy, and sweetened as before directed, are proper Liquors to quench the Thirst and abate the Fever, and promote the spitting up the Phlegm.

§. 26. 2. For obtaining our second Purpose, (§. 21) of preventing the Descent of the watery Humour into the

the Lungs in the Fit of the Tickling Cough, I advise chewing well, and swallowing One or Two Mouthful of Bread, or Biscuit of any Sort, so long as the Tickling Cough continues; and if the Patient cannot swallow it, let him spit it out.

§. 27. The Method (§. 26.) makes the watery Humour to mix with the dry Aliments, prevents its falling into the Lungs, and certainly shortens the Fits of Coughing, procures more Sleep in the Night, and preserves the Lungs the longer; and if these Means were used constantly, Night and Day, from the Beginning of a Tickling Cough, I apprehend it would prevent many Consumptions.

§. 28. I will mention another Remedy, that may be sometimes used, which is this, that the Patient take a Piece of Loaf Sugar, wetted with those Spirits of Wine (which we burn in Lamps) into his Mouth; and as it dissolves swallow it: But this should only be used by those who cannot bear chewing dry Aliments.

§. 29. 2. For gaining the third Intention (§. 20.) I may observe, that the Remedies against *Hectic Fevers*, (i. e. the diluting Drinks, mentioned in §. 25.) do very much contribute to this Intention.

§. 30. I do likewise advise the Patient to take a large Tea Spoonful of the following Mixture pretty often every Day,

Take Four Ounces of Honey, Half a common Spoonful of Vinegar, two Spoonful of the Oil of Olives, and mix them well together, for a Mixture to promote an easy spitting up of Phlegm; also Night and Morning take Fifteen or Twenty Drops of the Balsam Capivi, with Sugar in Powder, or in a Spoonful of Water.

§. 31. 4. Then, to strengthen all the muscular Fibres, and Vessels of the Body, (§. 22.) let the Patient use the following Mixture:

Take of Salt Petre Half a Drachm, Salt of Steel Fifteen Grains; dissolve them in a Quarter of a Pint of pure Water; then add Two Ounces of the best Brandy

Brandy and as much Loaf Sugar as will bring it to a pleasant Taste, for a strengthening Mixture. Let the Patient take Two Spoonful of it about Eleven o'Clock in the Forenoon, and at Five in the Afternoon, and drink a Dish of Tea, made of Sage of Virtue, after each Dose, sweetened with Sugar as he shall like it. This Mixture may be repeated Two or Three Times.

§. 32. And let him continue taking the Balsam Capivi for Three or Four Weeks.

Of Putrid Fevers in adult Persons; and how they who nurse the Sick in the Families of the Poor may know them; with Directions for Management, and suitable Remedies when the Purple Spots appear, or Bleedings, or violent Loosenings, or profuse Sweats, happen to the Sick.

§. 33. I Shall now consider the *Putrid Fevers*, the most destructive of acute Distempers, and in such a Manner as may be most beneficial in Families, by directing those who act as Nurses how to manage Persons when under any Fevers of the putrid Kind.

§. 34. These Nurses may know that the Sick have a putrid Fever when they find the Patient's Pulse not strong, but the Heat of his Body much greater than in Health, and yet his Thirst great, his Tongue black, or of a dark brown Colour, and dry; and especially if attended with one or other of the following Symptoms, viz. 1 Purple Spots. 2 Hemorrhages, or Bleedings. 3 Profuse Sweats. 4 Loosenesses. Every Nurse knows whether the One or the Other happens, and I would assist them to know what is proper for them to do for the Relief of the Sick under this or that Symptom.

§. 35. But previously I may observe that in all Fevers from dissolvent Causes, (Causes which weaken the Consistence of the Blood, divide the Globules of it into lesser Parts, and which relax the Vessels, and dissolve the Union of many of the constituent Parts of the Fibres) those Things are proper Remedies, which Experience

perience has proved to be effectual for preserving Animal Substances from putrefying: And it may be said, that our Kitchen Salt, the Nitrous, and other Salts, and all Sugars and Acids, have a Quality preventive of Putrefaction; which shews the Propriety of the Medicines I have recommended.

§. 36. The Nurses may observe as a general Rule, that when the Pulse is low and weak, and the Heat of the Body rather less than in Time of Health, and the Spirits faint, then to give the Patient now and then Three or Four Spoonful of Tea, made with a little Snake-root, Nutmeg and Saffron, and sweetened to a pleasant Taste with Loaf Sugar, or else give as much Mountain Wine and Water, with a little Nutmeg and Sugar, very warm, while there shall be Occasion.

§. 37. I shall now shew what is proper to be done when either of the very threatening Symptoms mentioned (in §. 34.) shall occur: Particularly, 1. When the Nurse shall discover any flat Spots in the Skin, of a purple or livid Colour, let her try by thrusting a fine sharp Needle slowly into the Middle of some of them, till the Patient feels Pain from the Puncture of the Needle. If the Patient feels no Pain, she may conclude, that the Spots are so many Mortifications, and that Death will soon follow. These are called Tokens in the Plague: They sometimes happen in the worst Sort of the Small Pox, and in some other Fevers.

§. 38. When the Patient feels the Puncture of the Needle as soon as it enters the Skin, it shews that the Spots are only superficial, and that there is no Mortification; and that, although it is a bad Symptom, yet the Sick may recover.

§. 39. The Remedies I recommend are the following Powders and Drops:

Take Tartar vitriolated, Cream of Tartar, Sal Prunella, of each One Scruple; mix and make a Powder, to be divided into Four equal Parts for so many Doses; and let one of them be given to the Patient every Two or Three Hours, mixed with the balsamic Syrup,

Syrup, and drinking after it Four or Five Spoonful of Tea made with the Roots of Tormentill, and sweetened with Loaf Sugar.

Take of the dulcified Spirits of Vitriol One Drachm, Nutmeg Water Seven Drachms, and make a Mixture. Of this Mixture so many Drops may be given in a Coffee Dish full of Decoction of the Shavings of Hartshorn, sweetened with Sugar, as will make it a little sour, now and then a Draught against Thirst.

§. 40. Let the Spots be gently rubbed with a Hair Pencil wetted with the following Foment Once in Four or Five Hours.

Take Campion Powder one Scruple, of the Tincture of Myrrh One Ounce, mix for a Foment; Or the Spots may be wetted with the rectified Spirits of Wine alone.

§. 41. 2. The next Symptoms mentioned (§. 34.) are Hæmorrhages, or Bleedings. The Nurses know when and from what Part of the Body this morbid Evacuation of Blood comes; and as the Cause of the Bleeding is the same, whatever is the Part it comes from, so the same Sort of Medicines are needful: And the Powders and Drops directed (in §. 39.) are proper Remedies.

§. 42. 3. Profuse Sweating is another threatening Symptom (§. 34.) which happens in some Putrid Fevers. When the Patient sweats abundantly, when the Pulse is not strong, and when the Strength sensibly decreases, and especially when they are cold and clammy, the Patient is in extreme Danger.

§. 43. It may be observed, that all those Things which have in Practice proved effectual to alter the dissolvent Quality subsisting in the Blood, are proper in this Case: Besides the fore-mentioned Medicines (in §. 39.) I recommend for the same Intention the following Mixture.

Take

Take of Tormentill Roots in Powder One Drachm, Cochineal Half a Drachm, Salt of Wormwood and Sal Prunella of each Fifteen Grains, pure Water Five Ounces, the best Brandy One Ounce: Loaf Sugar so much as is needful to produce a Pleasant Taste; thus make a Mixture.

A Spoonful of this Mixture may be given to the Sick Once every Two or Three Hours, while the Symptom continues.

§. 44. And a Coffee Dish of a Decoction of Shavings of Hartshorn sweetened with Loaf Sugar, acidulated with the Drops (directed in §. 39.) and made warm, by quenching a red-hot Piece of Iron in it may sometimes be given for a Draught, with or without a little Wine.

§. 45. The last Symptom mentioned (in §. 34.) is a violent Looseness: And in regard to this, I may say, that the Medicines advised (in §. 43, 44.) are proper Remedies.

§. 46. I do not purge my Patients after Fevers; because by their preceding Sickness their Blood and other Fluids are more or less diminished, and rendered less than in the Time of their foregoing Health, and therefore should not be more diminished by purging and bleeding.

§. 57. If any morbid Quantity of the Blood discovers itself by any Symptom on the Skin, it is an Argument with me against every evacuating Remedy, which makes a Revulsion from the Surface of the Body: And I never use them for the Cure of any cutaneous Disease.

§. 48. And if I order any Thing for a Patient after his Fever is come to its Period, it is some Alterative Medicine; which may at the same Time strengthen the Appetite and Digestion, and restore the Animal Fluids to their usual Quantity and proper Quality.

I will only add that I pray God, infinitely gracious, to direct and succeed all my Endeavours for the Good of Mankind.

THEOPHILUS LOBB.

On restoring to Life Persons drowned, or in any other Manner suffocated.—From Feijoo, a learned Spanish Author.

A Method has been lately found out to recover such Persons as have been drowned, or in any other Manner suffocated, provided they are not totally dead; which they may not be for many Hours after the Accident has happened. In the first Case they suspend them with their Head downwards near a Fire, till such Time as the Body begins to warm and throw out Water by the *Aspera Arteria*. Then they foment the whole Breast and Seat of the Heart, with Spirits of Wine, with *Elixir Vitæ*, or Bread dipped in strong Wines; this must be frequently repeated. By such Methods, if they are not dead, Motion is again restored to the Heart, which receives, by Degrees, the Blood that it afterwards repels to the Arteries, till at Length Life entirely returns. As to those who having been hanged and have still some Remains of Life, they are easily recovered by blowing Air into them through the *Aspera Arteria*; for the Lungs being by this Method inflated, the Blood has a free Communication from the Right to the Left Ventricle of the Heart; which last, as well as the Blood, recovers that Motion which the Noose of the Rope had stopped. To promote this Motion in the Blood, and dissolve that Part of it which may have begun to coagulate in the right Ventricle and pulmonary Vessels; great Assistance may be received by making Use (as Circumstances permit) of the *Elixir Magnanimitatis*, *Elixir Proprietatis*, *Elixir Vitæ*, Spirits of Sal Ammoniac, those called Thearical, Jelup Vital, with Saffron, *Oleum Cinnamoni*, and such like Compositions. But as to those Instances, where Persons have lived after they have suffered Suffocation upwards of Two Hours, as *Cardan* affirms of a Person whose *Asperia Arteria* was ossified; such having not undergone a total Stoppage in the Vessels that admit Air, have consequently still preserved the proper Motion of the Heart and Blood.

In a Letter wrote to *Feijoo*, he is acquainted that the Life of a Blind Fisherman was saved, after he had
been

been drowned an Hour and a Half, by following the Directions given above. He himself likewise related the Recovery of a Girl in the City of *Estella*, after she had been drowned an Hour, through the charitable Assistance of a Gentleman who esteemed his Works, and had the above-mentioned Directions present in his Mind. But he added this Circumstance thereto, which was, that, besides the Application to the Fire, and inverse Suspension of the Body, he introduced Air therein through the *Aspera Arteria*. This Addition *Feijoo* does not entirely condemn, but would have it put in Practice only when the other Methods do not meet with timely Success, taking then great Care that the introduced Air passes through the *Aspera Arteria* in order to proceed to the Lungs; and that it does not enter the *Æsophagus*, which would be very prejudicial, the Mistake being easy, as the Orifice of the Two Canals are very near.

The following Recovery of a Man suffocated by the Exhalations of lighted Coal in a Mine, is a strong Argument in Favour of what has been said above. His Eyes were fixed, his Mouth open, his Body cold, and every Way motionless, and was concluded to be quite dead. A Surgeon imagining, that by this extraordinary Method he might restore him to Life, applied his Mouth to that of the supposed dead Body, and stopping the Nostrils of it, blew with such Strength that he filled his Breast; and continuing this Method, Six or Seven strong Beatings of the Heart. The Chest recovered its Elasticity, and the Pulse became sensible. A Vein being perceived opened, the Blood a first ran Drop by Drop; but in a Quarter of an Hour very freely: The Patient's Body was then well rubbed he recovered his Senses an Hour afterwards, and returned Home in perfect Health.

The Possibility and even Easiness of recovering Persons in the above Circumstances, is further confirmed by the following recent Instance, extracted from the Memoirs of the Royal Academy at Paris.

A Young Fellow about One and Twenty, a Waterman at *Passy* in *France*, fell into the River about Ten o'Clock in the Morning of the 24th of *July* 1757; as he was then near the Shore, he received a Blow upon his Head in the Fall, which stunned him, and the Tide immediately carried him into the middle of the Stream, where he was stopped by a great Stone in about Seven or Eight Feet Water. The People that saw the Accident immediately called out for Help; but it was Half an Hour before he was taken out, being dragged to Shore with a Boat Hook without the least Signs of Life; he was carried into a neighbouring House and supposed to be dead; but a Physician happening to come by, blew up a great Quantity of Tobacco Smoak by the *Anus*, with a Straw, and blew also the same Smoak plentifully into his Mouth and Nostrils; the Man very soon gave Signs of Life, very slight indeed, but sufficient to encourage the good *Samaritan* to proceed; he caused a Vein to be opened both in his Arm and his Foot, and in order to restore the vital Heat, wrapped him in the Skin of a Sheep that was flead upon the Spot for that Purpose: In a short Time the Patient recovered so far as to be able to speak; and the Marquis of *Courtivon*, who has attested this Fact, saw him Six Days afterwards in perfect Health, though a little low from the Loss of Blood.

Instances of drowned Persons recovered are by no Means so rare as is generally imagined; and they would be much more common if proper Methods were used for the Purpose. The *French Academy*, by whom this Fact is related, observe that several Persons have recovered who have lain many Hours in the Water; and that as Persons immersed in Water die only because the Circulation is stopped, the Blood being prevented from returning from the right to the left Ventricle of the Heart, by the Water's having stopped the Respiration, nothing more is necessary to recover such

such Persons, than to put the Heart again into Motion, and gradually and equally to warm the Body in every Part. To put the Heart in Motion, it is advisable to force irritating and spirituous Remedies up the Nostrils, and to blow with some Degree of Force, the Smoak of Tobacco into the Lungs by the Mouth, and into the *Abdomen* by the *Anus*; the Body may be equally and gradually warmed by rubbing it with warm Flannels, and placing it in a warm Bed, and changing the coverings as often as they grow cold, for others taken from the Fire, and by many other Expedients of the like Kind, which will naturally occur in different Places and Situations.

For the Gravel.

TAKE of Broom-seed, finely ground, as much in quantity as will lie upon the Surface of a Shilling, in a Gill of the best White-port, Morning and Evening.

Another.

TAKE a Spoonful of Honey, and a Spoonful of Oatmeal; put them into a Quart Mug, pour thereto boiling Water, and stir them well together. Let it stand till it cools. Drink one Half at Night going to Bed, the Remainder in the Morning fasting, stirring it together before you drink it. Repeat this every Day constantly.

N. B. The Tops of Red Nettles, made into Tea, and sweetened with Honey or brown Sugar, can be well recommended by many Persons who have tried that Remedy.

Another.

EAT Spinnage frequently with your Food.

For the Gravel or Stone.

TAKE Flemish Pot Ash Two Ounces, Gum Arabic One Ounce, of Castile Soap a Quarter of an Ounce, One Pint of Eint of Brandy; the Soap must be sliced
B and

and dissolved in a little Water till they become liquid, then mix the whole and filter it through a Paper.

In a violent Fit, when both Passages are obstructed, take Four Tea Spoonsful in a little White-wine by Way of Prevention ; One Tea Spoonful will do.

Take it every Morning until you take your Pint. In a few Days you will feel its good Effects, being eased of your Pain.

For the Stone in the Kidnies.

SQUEEZE the Juice of a large Lemon, into better than Half a Pint of soft Water, and sweeten it agreeable to the Taste of the Patient ; if he is faint or cold at the Stomach, add a little Wine to it. I would not recommend this Medicine to any Person who is subject to the Cholick from Lemons, as I think it would be very improper.

To allay a raging Fit of the Stone.

BEAT Onions into a Pulp, and apply them as a Poultis, Part to the Back, and Part to each Groin. It gives speedy Ease in the most racking Pain.

Another.

BOIL Half a Pound of Parsnips in a Quart of Water. Drink a Glass of this Morning and Evening, and use no other Drink all the Day. It usually cures in Six Weeks.

To prevent the Stone.

EAT a Crust of Bread every Morning.

Dulwich Receipt for an Ague.

TAKE Two Ounces of Jesuits Bark, finely powdered, put it into a Quart Bottle, with a Pint of Brandy and a Pennyweight, (that is, Twenty-four Grains

Grains) of Cochineal, beaten very fine; shake these well together; and when the hot Fit is gone off, take a small Wine Glass full of it; and every Three Hours after take another Glass full, till you have taken it all. Be sure to shake it thick together every Time you take it. If you have had the Ague long, you may take another Bottle. The bitterest and palest coloured Bark is the best.

Another.

TAKE a Drachm of Powder of Myrrh, mix it in a Spoonful of Sack, then take it, and drink a Glass of Sack after it. Do this, as near as you can, an Hour before the Fit comes on.

Another.

TAKE a large Onion, make a large Hole in it, big enough to contain a Nutmeg, and roast it before the Fire till the Nutmeg is soft; then put the Nutmeg into a Quart of strong Beer, and put in One large Glass of Brandy, and as soon as the Fit comes on drink Half a Pint of it.

For the Rheumatism.

TAKE One Ounce of * Balsamum Polychrestum; mix it very well with a Wine-glass or Tea Cup full of French Brandy: When so mixed, put that Mixture into a Quart Bottle, partly filled with strong Mountain-wine, then fill the Bottle with the same Sort of Wine, and let the whole stand Twenty-four Hours, at the End of which it will be fit for Use; and the Patient is to drink a Wine-glass full, or near a Gill each Night when going to Bed. The Patient should be warmly cloathed to avoid catching Cold.

* This Balsam is composed of Gum Guaiacum, Peruvian Balsam, and Spirit of Wine.

Another

TAKE Six Pound of the lean Part of the Round or Buttock of the best Beef you can get, which slice thin; Three or Four Heads (not Cloves) of Garlick, which clean well and shred fine; prepare a glazed earthen Pimpkin, into which lay a Slice of the Beef, and then strew it over with the Garlick, so *stratum super stratum* till all be put in, cover this over with a Paste or Dough, and let it stew or seeth over a gentle Fire for Twenty-four Hours: Then pour off the Liquor, set it by for Use, and take every Morning and Night Half a Naggin thereof, keeping yourself warm.

Another.

DRINK Buckbane Tea every Morning, with Two Tea Spoonsful of Hartshorn Drops. This has cured a Thousand poor People, and why not the Rich?

Another.

MIX Flour of Brimstone with Honey, equal Quantities. Take Three Tea-spoonsful at Night, Two in the Morning; and One afterwards Morning and Evening, till cured. This succeeds oftner than any Remedy I have found.

To restore the Strength after that Disorder.

MAKE a strong Broth of Cow-heels, and wash the Parts with it warm Twice a Day. It has restored One who was quite a Cripple, having no Strength left either in his Leg, Thigh, or Loin.

Recipe for a Dropsy.

TAKE the large Leaves that grow upon the Stem of the Archichoke; wipe (not wash) them; stamp them in a Mortar, and strain out the Juice through a Linen Cloth, forcing it out; then put a Pint of this
Juice

Juice into a Quart Bottle, with a Pint of Madeira^a Wine, (or Mountain if you cannot get good Madeira.) Take Three Spoonsful every Morning fasting, and Three Spoonsful likewise at going to Bed; the Dose may be increased to Four or Five, if the Case requires, and the Stomach will bear. Mind to shake the Bottle well whenever you take it.

N. B. It is a very safe Medicine, being a fine Bitter for the Stomach, and is the most approved by Experience that is known.

Another.

ONE Ounce of green Broom burnt to Ashes, an Ounce of Juniper-berries, and Half an Ounce of Rhubarb, steep'd in a Quart of Mountain; let it stand Twenty-four Hours. Take a Wine Glass in a Morning.

For the Gout and Dropsy.

WHEN you are wrapt up in Flannel, drink Half a Pint of strong Mountain-whey Twice a Day, with an Eating Spoonful of Hartshorn in it; this will warm your Stomach, and keep out the Gout, thin the Blood, and produce a very strong Perspiration, which will take off the violent Pains, shorten your Fit at least One third, or more; and when you are well enough to go abroad, that Tenderness, Weakness, and some little Pains that attend gouty People, after they are what they call recovered, will vanish; so that when they are free of the Gout, they will be perfectly strong. Take Care to get genuine Hartshorn, for that is scarce to be found.

Infalible Cure for the Flux.

THE Patient must be blooded; the next Day take a Vomit of Ipecacuanha, and between every Second Motion sip a Naggin of Drink, made thus: Get a Handful of Oak-bark, and the like Quantity of Sloe-bark, boil these in a Pottle of Spring-water till it is reduced to a Quart; then strain it and add a Pint of Cla-

ret, some Cinnamon, a few Cloves and Two or Three Lumps of Sugar; boil these together, and take it warm.

For a Consumption.

TO Three Pints of Water put Forty Snails, Two Ounces of Eringo-root, and Two Ounces of French Barley; boil it to a Quarter, then strain it, and take Two Spoonsful in Half a Pint of Milk, Twice a Day.

A Recipe for the Itch.

TAKE Four Ounces of Crude Brimstone; Two Drachms of Sal Armoniac finely powderd; and with a sufficient Quantity of Hog's-lard, work it up into an Ointment.

This Ointment, rubbed well on the Parts affected, will be attended with the desired Success, though the Disorder be ever so inveterate; and for Ease, Safety and Expedition, gives place to no Application whatever, that can be made Use of in Order to remove that troublesome Complaint. Physic ought to accompany the Uncion, and Bleeding to precede it.

Safe Cure for the Scurvy.

IT cannot be unacceptable to make Public a Cure for this dreadful Disorder, which is known, by the Faculty, to appear in so many Shapes in this Island, inso-much that few Constitutions are entirely free from it. We find this safe Remedy in the Root of a well-known and common Plant, the Furdock, or as it is sometimes called the Clotbur. The Roots of this Plant have, in their sensible Qualities, a great Resemblance to the China-root and Sarsaparilla, but of much superior Virtue in scorbutic, gouty, rheumatic Complaints. They are, past all Doubt, used to the best Advantage in the Form of a Decoction, and for this Purpose Two Ounces of the dried Root is to be boiled in Three Pints of Water, till reduced to a Quart; and a Pint of the strained Liquor is to be taken every Day. These Roots are mild diuretics,

diuretics, diaphoterics [Medicines which cause Sweat] and sweeteners ; are very safe in their Operations, but this Medicine must be continued for some Length of Time before it can have any visible Effect upon the Patient. The expressed Juice of the Leaves have been often given with good Effect, to the Quantity of a Pint a Day, in the same Intentions. It is unnecessary particularly to describe this Plant, it is so well known. It is the Bardana Major, Lippa Major.

For the Sciatica.

BOIL Nettles till soft. Foment with the Liquor, then apply the Herb as a Poultis ---I have known this cure a Sciatica of Forty-five Years standing.

For the Fits.

TAKE an Egg Weight of Wood-foot, beat it very fine, with Half an Ounce of Assafœtida, put them into a Quart of Brandy, and shake the Bottle every Day for Ten Days, then put it by for Use. A large Table Spoonful is to be given the Morning before the Full of the Moon, and Three Mornings after the New and Change, provided the Fits have been of long Continuance, otherwise the first Three Mornings may be sufficient; a Spoonful may be given any Time of the Day in a Fit. A Child may take a Child's Spoonful, and a very young Child a Tea Spoonful, mixed with as much or more Water. Be careful not to shake the Bottle when settled.

For the Chini-Cough.

RUB the Back at lying down with old Rum. It seldom fails.

An infallible Cure for the Rickets.

TAKE of Camomile, Marshmallows, Ground-ivy; Brooklime, Bog-onion, of each a Handful; Houle Snails, Two Quarts. When they are well pounded,

B 4

stew

stew them in a Skellet, close covered, Six Hours, over a slow Fire, in Two Pounds of Butter made in the Month of *May*, and then strain it from the Herbs. Let the Child be well bathed, Night and Morning in strong Veal Broth, Milk-warm. After it has been Half an Hour in this Bath (which will require a whole skink Calf to about Twelve Quarts of Water) rub it with the above Ointment. And as soon as the Bath begins to taint, get a fresh one. Let the Child's greasy Shift be kept on till it is cured. Feed it well after bathing and rubbing and then put it to Sleep. Let red Cow's strappings, with Liver wort boiled in it, be the Child's constant Drink.

An efficacious Eye-water.

HEAT Half an Ounce of Lapis Calaminaris red hot, and quench it in Half a Pint of French White-wine, and as much white Rose-water: Then pound it small and infuse it. It cures Soreness Weakness, and most Diseases of the Eyes. I have, known it to cure total Blindness.

Another.

MIX One Spoonful of best White-wine Vinegar with Two Spoonful of clear soft Water. Apply this with the Finger to the Edges round the Eye every Hour in the Day, or as often as Convenience will permit.

Receipt for a Hoarseness.

TAKE an Ounce of Linseed Oil, fresh drawn; Half an Ounce of Sperma Ceti; Six Drachms of white Sugar-candy in Powder; and an Ounce and a Half of balsamic Syrup. Mix an Electuary.

A Spoonful of it to be taken every now and then on the Occasion specified by its Title.

Another.

Another.

RUB the Soles of the Feet before the Fire, with Garlick and Lard, well beaten together, over Night: The Hoarseness will be gone next Day.

For a green Wound.

PREVENT as much as may be the Wound from bleeding, since the Blood (if not much corrupted) is one of the greatest Balsams. Then speedily mix some White-wine Vinegar and common Table Salt; with this wash the Wound very well, and continue so to do for some time; should the Incision be deep, make Dossils, which dip in the above Liquor, and put plenty of Salt on them, with which fill up the Wound to the Surface of the Skin, and lay a Compress over well impregnated with the above, then bind it up, and every Five or Six Hours pour some of the same Liquor on the Dressing to keep it moist, and open it but once in Twenty-four Hours. When the Flesh is grown up (which it will very soon do, if you be not too effeminate and afraid of the Smart, but keep it clean) apply a Plaister of Diachylon, &c. to skin it over.

To heal a Wound.

PUT Wood Betony bruised to the Part.—This quickly heals even cut Veins and Sinews, also draws out Thorns or Splinters.

For inward Wounds.

INFUSE Yarrow Twelve Hours in warm Water. Take a Cup of this Four Times a Day.

To stop Blood.

TAKE Puff-balls full ripe, break them warily, and save the Powder that is within. Strew the Powder over the Wound, and bind it on.

To stop the bleeding at the Nose.

TAKE a Bit of Woollen-cloth, burn it and snuff the Ashes up the Nose.

The following Styptic, which has hitherto been a Secret, I can venture to assert will stop the Bleeding of the largest Blood-vessel that appears on Amputation of a Limb. It has been tried on Animals for Experience-sake, before a Number of Persons who can attest the Truth of it. It give little or no Pain, nor is it hurtful in its Consequences, as will appear by its Prescription.

TAKE of Brandy, or common Spirit, Two Ounces, Castile-soap Two Drachms, Pot-ash One Drachm. Scrape the Soap fine, and dissolve it in the Brandy, then add the Pot-ash, and mix them well together, and keep it close stop'd from the Air in a Viol.

When you apply it, warm it in a Pannikin, and pour a little on the bleeding Vessel, or dip Pledges of Lint into it, and the Blood will immediately congeal. It operates by coagulating the Blood, a considerable Way within the Vessel, as well as the extravasated Blood without, and restraining, at the same Time, the Mouths of the Vessels. A few Dressings of this Medicine may be necessary when a Limb is cut off, if there should seem Occasion; although it is to be supposed, that whenever Styptics are applied, a careful Person should be in Waiting till all Danger is over.

For the Spitting of Blood.

TAKE Half a Pound of Raisins of the Sun stoned, Four Ounces of Figs, Four Ounces of Honey, Half an Ounce of Lucatelli's Balsam, Half an Ounce of Powder of Steel, half an Ounce of Powder of Elicampane, a grated Nutmeg, and a Pound of double refined Sugar pounded. Shred the Figs and Raisins very small and pound them well in a Marble Mortar, then add the other Ingredients, and pound them well together, pouring in, by Degrees, about a Quarter of a
Pint

Pint of sweet Sallad-oil. Every Morning let the Patient drink a Glass of Malaga-sack or sweet Resin-wine, with the Yolk of a new-laid Egg stirred in it, and at much Flour of Brimstone as will lie upon a Sixpence, and the next Morning as much Powder of Elicampane. Continue this alternately, and take about as much as a Nutmeg of the Electuary Three or Four Times every Day.

Another.

GET One Ounce of the best Peruvian Bark, finely powdered, take a Tea Spoonful, more or less, Twice or Thrice a Day, when it best suits, for a Fort-night, or longer, mixed up in a Glass of Red-wine, and wash it down with another or Two of Wine and Water, after, with Twenty or Thirty Drops of the Acid Elixir of Vitriol in it every Time.

Another.

TAKE Half a Tea Spoonful of Barbadoes Tar on a Lump of loaf Sugar at Night. It commonly cures at once.

To make Bitters.

TAKE a Gallon of the best French Brandy, an Ounce of Saffron, Two Ounces of Gentian-roots slic'd thin, Six Pennyworth of Cochineal, and a small Quantity of Orange-peel; put them in a Bottle, and let them stand Two or Three Weeks.

Evident Signs by which a Mad Dog may be known and avoided.

A Mad Dog is seemingly rapacious and thirsty, yet eats and drinks nothing; his Eyes are fierce and flaming; he hangs down his Ears and thrusts out his Tongue; froths much at the Mouth, barks at his Shadow; oftentimes runs about sad and anxious without barking at all; frequently pants for Breath, as if tired

tired with running; carries his Tail bent inwards; runs without Distinction against all he meets, with great Fury, and Bites; hurrying on in an hasty and uncertain Course. Dogs that are well are afraid and fly, both at the Sight and Barking of one that is mad. The first mad Symptom in a Dog, is an unusual Trembling.

Remedies for the Bite of a Mad Dog or any other Animal.

MIX One Pound of common Salt in a Quart of Water, and then squeeze, bathe, and wash the Wound with the same for an Hour, and not drink any of it, afterwards bind a little more Salt to the Part affected for Twelve Hours.

The Author of this Recipe was himself bit Six Times by Mad Dogs, and always cured himself by the above Mixture, and offered to suffer himself to be bit by a mad Dog, in order to convince any Person, that what he offered was Matter of Fact.

Another.

TAKE the Leave of Rue, picked from the Stalks and bruised, Six Ounces; Garlick picked from the Stalks and bruised, Venice Treacle and Mithridate, and the Serapings of Pewter, of each Four Ounces: boil all those over a slow Fire, in Two Quarts of strong Ale, till one Pint be consumed; then keep it in a Bottle close stopped, and give of it Nine Spoonsful to a Man or Woman, warm, Seven Mornings following fasting, and Six Spoonsful to a Dog.

This, the Author believes, will not (by God's Blessing) fail, if it be given within Nine Days after the Bite of the Dog. Apply some of the Ingredients from which the Liquor was strained to the bitten Place.

This last Receipt was taken from the Church of Cathorp, Lincolnshire, where almost the whole Parish were bit by a mad Dog, and those who used it recovered, and they who did not died.

Now as these Two Remedies, the one topical, the other intenal, have such unquestionable Testimonials
of

of their Effects separately, what must be their Power when united, especially as they have nothing repugnant to each other in their Nature, but the contrary? It is my firm Belief, that by applying the one to the Wound as directed, as soon as the Person is bitten, and following the Directions as above given, and at the same Time taking the other internally, the Bite of a mad Animal may be rendered as harmless as the Prick of a Pin.

Of the outward Use of Rectified Spirits of Wine, for removing some Disorders from human Bodies.

THE outward Application of these Spirits has proved very beneficial to myself, and to others, in a Variety of Cases, particularly in these following.

1. In Cramps, or convulsive Contractions of the Fingers or Toes, and of the Muscles in any other Part of the Body; the rubbing the Parts affected with these Spirits has effectually removed them.

2. Paralytic Coldness, or Numbness of any Part of the Body, the rubbing them, Morning and Evening, with these Spirits cold, or made warm (by setting a Phial of them in a Basin of very warm Water) is often a useful Remedy.

3. External Pains on the Surface of the Body, or in the Fingers, Wrists, Knees and Feet, are frequently relieved by the Application of these Spirits.

4. Corns have been frequently cured, and the callous Substance growing round the Heels removed by the constant daily rubbing them, Night and Morning, with these Spirits.

5. Those Swellings of the Legs, Feet and other Parts of the Body, which, for a while, retain the Impression of the Fingers when pressed against them, are gradually abated by daily rubbing them with these Spirits, as I happily experienced in myself, and observed in others, to whom I have advised this Remedy.

6. The falling off of Scabs, which strongly adhere to any Part of the Body, and the Separation of Elicars, are very much hastened by wetting them, and the Parts

next

next adjacent, Two or Three Times a Day with these Spirits.

7. In Ulcers, the Application of them contributes much to their Cure.

The small Ulcers on the Tongue, called *Aphthæ*, and others on the internal Superficies of the Cheeks, or on the Lips, and those Tumours on the Gums, called Gum-boils, are often soon cured by wetting them Two or Three Times a Day with these Spirits, as I have experienced in myself, and have observed the same Benefit in others, to whom I have advised them.

As to Ulcers on the Legs, wetting with these Spirits the Places adjacent, where the Skin is whole, without touching the Places, Morning and Evening, has often been effectual to prevent Putrefaction (commonly called Festering) and to keep the subjacent Parts sound. And when the Ulcer is situated on a Joint, e. g. the Ankle, or very near it, this Method is more important to prevent a *Caries* of the cartilaginous Extremity of the Bone, and the consequent Necessity of cutting off the ulcerated Part to preserve the Life of the Patient.

8. In Gangrenes and Mortifications, the Application of these Spirits Three or Four Times a Day, alternately, with that of warm Vinegar, conduces much to prevent, and to stop their Progress, if they are begun.

9. Excoriations, or the fretting away the outer Skin in riding, or by a very acrid Humour oozing through the Pores of it, are often soon healed by wetting the Places affected Once or Twice a Day with these Spirits as I have found in my Experience, it being the Remedy used by me on such Occasions. The Application will indeed excite exquisite Pain, but then in Two or Three Minutes it ceaseth, and the Parts soon become easier.

10. They are of great Service in a Flux of Humour from the Eyes. This is a Disorder I am sometimes troubled with on catching Cold. When I have it, I wet my Finger Once or Twice a Day with the Spirits, and gently rub my Eye-brows, Temples and Sides of my Nose, and cross the Cheek-bone from my Nose to the Temples; and when there is only a thin Dew of the
Spirits

Spirits on my Finger, I shut my Eyes, and draw it over the Edges of my Eye-lids.

11. The Piles, when they are painful, the wetting a Rag with the Spirits, after it has been doubled to the Compass of a Shilling, and apply it to the Fundament for a few Minutes, and then taking it away, and repeating the Application as the Pain shall require, has been effectual to remove it. If they bleed, and bleed too much, the same Application is proper.

It may here be observed, what is well known to many, that the Application of these Spirits is of great Efficacy to stop outward Bleedings from any Part of the Body.

12. As to the falling down of the *Rectum Intestinum*, or that Gut descending through the Fundament, the Application of these Spirits I have known often very effectual to prevent and cure it; but then the Application should be made only when the Gut is up in the Body.

What has been observed shew, that the Spirits, commonly called the *Rectified Spirits*, deserve to be kept constantly in every Family, to be always ready for immediate Use.

THEO. LOBB.

A Method for the speedy Recovery from Lameness by a Sprain.

SUPPOSE the Ankle sprained. 1. Let it be fomented with Vinegar a little warm, for Four or Five Minutes at a Time, once every Four Hours: This will render the Circulation of the Fluids in the Parts affected more easy, and either prevent a Swelling or promote its subsiding.

2. Let the Person stand Three or Four Minutes at a Time on both his Feet, in their natural Posture, and sometimes move the strained Foot: And sometimes, when sitting with his Foot on a low Stool, let him move it this Way and that, as he can bear it: This will contribute much to contract the over-stretched Vessels,
and

and recover a due Circulation of their Fluids through them.

3. Let a gentle dry Friction with a warm Hand be sometimes used to the Parts affected, which will conduce much to the same Ends.

4. Two Hours after every Application of the Vinegar, let the Part affected be just wetted with the rectified Spirits of Wine, and then gently rubbed.

By these Means, Persons to whom I have advised them, have recovered from the Effects of very violent Sprains in a few Days, as some others have been Weeks in recovering by different Ways of Management, such as a continual resting of the sprained Foot, and Disuse of its Motions.

LOBB.

For a Sprain.

MIX a little Turpentine with Flower and the Yolk of an Egg; and apply it as a Plaister. This cures in a desperate Case.

The Weakness remaining after a Sprain is cured by fomenting the Part daily with Beef-brine.

An effectual Remedy for the Cure of Lameness, from a fixed Contraction of the Parts affected.

TAKE the Yolk of a new-laid Egg, let it be beaten with a Spoon to the greatest Thinness, then, by a Spoonful at a Time, add three Ounces of pure Water, agitating the Mixture continually, that the Egg and the Water may be well incorporated.

This Liquor may be applied to the Parts contracted, cold, or only Milk-warm, by a gentle Friction for a few Minutes, Three or Four Times a Day.

A Remedy for the Jaundice.

BOIL a large Burdock root in Two Quarts of Water or Three Pints. Let it soak therein for Twenty-four Hours covered close. Drink a Draught of this Three or Four Times, and it will not fail.

A

A Cure for the Yellow Jaundice ; by which the late Lord Blakeney said he had cured great Numbers in England, Minorca, and in this Kingdom ; and that he never knew it fail.

TAKE the White of an Egg and two Glasses of Spring Water, beat them well together, and drink the Quantity off at a Draught.

It cools the Lungs, which, in this Distemper, are always inflamed ; expels that Asthmatic Disorder, which also always, in some Degree, afflict the Party diseased ; it speedily procures Perpiration, invigorates the animal Spirits, causes Digestion, and creates an Appetite.

A Method of preventing and removing Epileptic Fits.

ANY Person subject to the Epilepsy, may himself prevent a Fit of it, if he has any the least previous Notice of its coming, before he is altogether deprived of his Senses, by the following simple Experiment. Let him have always ready in his Pocket a Piece of Metal, as broad as he is able to contain between his Teeth when his Jaws are stretched to the utmost ; as soon as he feels the first Symptom of the Fit, let him immediately take this Piece of Metal, and open his Teeth as wide as he is able, put the Piece of Metal between them, that so his Jaws may be thereby kept at their utmost Stretch for some Time ; this, in about Half a Minute, will make him come entirely to himself again, and prevent the coming on of the Fit for that Time.

After the Fit is come on, the same Experiment will also serve to remove it in a very short Time : For if any Bye-stander will take the Piece of Metal before described, and put it between the Patient's Teeth, and thereby force them open till his Jaws are at their utmost Stretch, the Fit will immediately go off, and the Patient will very soon recover.

The

The Certainty of this Experiment, the Person from whom this Account is taken, says, may be depended on.

As it is undoubtedly the forcing open of the Jaws, and not any Virtue in the Metal itself, which produces this Effect, there can be no Difference of whatever Kind the Metal is of. A Crown Piece, I believe, might do; but if made of Iron or Steel for the Purpose, I think it would be more convenient; make it of a square or oblong Form, of about the Thickness of a Crown, and of such a Breadth, as to be exactly equal to the widest Opening of the Jaws. It may be proper also to observe, that one of the Edges ought to be thin, that it may more easily enter between the Teeth, when they are to be forced open by some other Person for the same Reason it may be convenient to put a Handle to it like the Handle of a Key.

I have Reason to believe that this Experiment will not only remove the Fit of the Epilepsy for that Time, but also until the next Time of its ordinary periodical Return, without any apparent Difference from what would have happened if the Fit had been allowed to work itself off.

I have only to add, that I suppose there are few liable to the Epilepsy, who may not, by Means of this Experiment, prevent its coming on in the Day-time: I think there are scarce any but who have as long Warning of its Approach, as might be sufficient for taking a Piece of Metal out of their Pocket, and putting it between their Teeth.

*A Method to stop the bleeding of the Nose, by Mr. Oakeley
Surgeon of Birmingham.*

TAKE a Piece of strong sewing Silk, and wax it well, and to one End of it fasten a Dossil of Lint; then take a Piece of Catgut, about the Size of the Second String of a Violin. and introduce it up the bleeding Nostril; when I perceive it in the Mouth, I take Hold of the End of it with the Forceps, and draw it out of the Mouth, make a Knot upon it, and fasten the End of the waxed Silk to it; I then withdraw the Catgut

gut out of the Noftril, take hold of the Silk, and pull the Doffil of Lint into the posterior Noftril. I then stuff the anterior Noftril full of Lint, by which Means the Bleeding muſt certainly be ſtopped. After a few Days I take the Lint out of the anterior Noftril, and that in the Poſterior will drop out ſoon after, and the Cure be perfectly completed.

A Cure for Worms and cutaneous Diſorders.

TAKE Four Ounces of pure Quickſilver, boiled in a glazed Pipkin, in a Quart of ſoft Water, an Hour, pour it off and bottle it up for uſe. Boil the ſame Quickſilver again in the like Quantity of Water as often as you need a Supply.

Children may drink of it, and without Fear, a Gill at a Time (for whom it may be ſweetened with Honey or Sugar, to make it palatable) while Adults may drink thereof as indifferently as plain Water, Night and Morning, the firſt and laſt Thing they do, for a Week or Two; after which, purge off the dead Worms, that they may not lie and rot in the Body, with as many Grains of Powder of Jalap Root, mixed up in a little of any warm Herb Tea or ſmall Beer, as the Patient is Years old under 30; and if the ſmalleſt Quantity proves not brisk enough, the Doſe may be doubled the next Time of taking it, as Occaſion requires, working all off by drinking warm Water, Gruel, Mutton Broth, or common Tea, till it has worked off itſelf, as is uſual in taking other Purges.

Outwardly waſh the Parts affected with ſome of this medicinal Water warmed, with a Linen Rag or Sponge, every Night at Bed-time, till the Skin is perfectly cloſe and ſmooth.

The Leaves of *Stave-Acre* powdered and ſtrewed on the Head or elſewhere, will certainly kill Lice, but this ſafe Lotion will deſtroy all kinds whatever that breed upon the Body.

Another.

TAKE a Drachm and a Half of Nitre in Broth.

To

To procure an easy Delivery to Women with Child.

TAKE Laurel Leaves dried, not too old, but gathered within the Year, pulverize them well, taking Care that no Dirt, or heterogenous Matter be mixed with them. Take One or Two Spoonful of this Powder, and mix it with as much Olive Oil as is necessary to make it into a Liquid Paste, of such a Consistence as not to run abroad. Spread this Composition upon a Linen Cloath, and apply it to the Navel of the Woman in Labour. As soon as this is done, in whatever unnatural or irregular Position the Child may be, it will immediately turn and present itself readily, and in the best and most happy Manner. If Olive Oil cannot be had, Hungary Water may be made Use of to moisten the Powder, but Oil is preferable.

The Virtues of this simple topical Remedy have been often experienced. One Woman in particular, who had been four Days and a Half in Labour, was delivered within an Hour, and two others, one of whom had been Two, and the other Eight Days in Labour, were, upon Application thereof, immediately and happily delivered. Hard Labours are attended with such cruel Pains, and of such long Continuance, that such a simple and effectual Remedy ought to be esteemed as a most valuable Present to the Public. It would be advisable to make Use of this Application in all Cases as soon as the Woman falls in Labour. The Berries of the Laurel have the same Virtues as the Leaves, and may be used instead of them. In Countries where the Laurel is common, Experience has taught the Shepherds the Virtues of it; for when the Sheep are on the Point of bringing forth, they cause them to swallow Seven or Eight Laurel or Bay Berries, stripped of the Skin.

To increase Milk.

DRINK largely of Pottage made with Lentils.

For

For a Sore Throat, or Lumps in the Throat.

TO one Noggin of the Juice of pounded Nettle Root well strained, add of Rose Water and White Wine Vinegar, each One Spoonful: Put them into a Tin Saucepan, over a good Fire, for about a Quarter of an Hour, then let it by to cool, and when you mean to use it, make it pretty warm, and soak a strip of Flannel in it, then scrape a little Nutmeg over the wet Flannel, and apply it to the outside of the Part affected; This you are to repeat Twice in Twenty-four Hours, when it will most certainly compleat the Cure. Roll a Strip of dry Flannel over the One applied to the Part.

For a stubborn Ulcer.

APPLY a Poultis of boil'd Parsnips. This will cure even when the Bone is foul.

Receipt for an Ulcer in the Lungs.

LET the Person afflicted lie with his Head downward, so that his Head and Neck are much lower than his Chest. Let him heave or cough easily, and he will expectorate and discharge the violent Matter from the Lungs.

For an Imposthume.

PUT the white of Two Leeks in a wet Cloth, and so roast them in Ashes, but not too much. Stamp them in a Mortar with a little Hogs-grease. Spread it thick Plaister-wise, and apply, changing it every Hour, till the Matter be come out, which it will be in Three Times.

To cure a Boil.

TAKE a little Saffron in a white Bread Poultis.— It is very requisite to purge also.

For

To cure sore and running Legs

WASH them in Brandy and apply Elder-leaves changing them Twice a Day. This will dry up all the Sores, though the Legs were like an Honey comb.

For a Scald or Burn.

TAKE the inner Rind of Elder well mixt with fresh Butter. When this is bound on with a Rag, plunge the Sore into cold Water. This will suspend the Pain till the Medicine heals.

For a Pain in the Joints.

DRINK the Decoction of Herb Robert, and apply it as a Poultis.

To cure violent Stitches.

BOIL Two or Three Sprigs of Penny-royal, in a Pint of Milk. Drink the Milk and apply a Poultis of the Herbs hot.

Recipe for a Cough.

TAKE Oil of sweet Almonds and Syrup of Violets, of each Three Ounces, Mix and make an Electuary.

In a dry husky Cough, a Spoonful of this easy plain Mixture, taken every now and then, will relax by Degrees the crispy Tone of the Fibres, and consequently will at length allay the Irritation from whence the Disorder entirely springs.

A Remedy for Convulsions in Children.

SCRAPE Piony Roots fresh digged. Apply what you have scraped off to the Soles of the Feet. It cures immediately.

A never-failing Cure for the Hic-Cough.

A Single Drop of chymical Oil of Cinnamon, dropt on a Lump of treble-refined Sugar; let it dissolve in the Mouth leisurely.

Another.

SWALLOW a Mouthful of Water, stopping the Mouth and Ears.

For the Head-Ach.

APPLY to each Temple the thin yellow Rind of a Lemon newly pared off.

Against the Heart-burn.

CHEW Five or Six Grains of Pepper a little, then swallow them.

For the Palsy.

STRIKE the Parts affected with the Conger-eel, which when newly catched, has the more Virtue. This wonderful Fish has also cured Obstructions of the Nerves and Head-achs, &c.

For an Asthma.

TAKE Three Quarters of an Ounce of Sena, Half an Ounce of Flower of Sulphur, Two Drachms of Ginger, Half a Drachm of Saffron pounded, and mix it with Four Ounces of Honey. Take the Quantity of a Nutmeg Night and Morning.

To cure blind and bleeding Piles.

APPLY Varnish to the Part, and it will prove an infallible Remedy.

Another.

Another.

TAKE of the Lenitive Electuary Two Ounces; of Flower of Brimstone Half an Ounce; the Dose is Half an Ounce.

Another.

RUB the Part with Ointment of Elder, as often as convenient.

To cure a Prick or Cut that festers.

PUT Turpentine on the Place affected.

To heal where the Skin is rubbed off.

APPLY pounded Self-heal.—It seldom needs repeating,

To draw out Thorns, Splinters, &c.

APPLY Nettle Roots and Salt.—Or, Turpentine spread on Leather.

For the Cramp.

TAKE a Roll of common Sulphur in that Hand which is on the same Side with the Leg or Foot affected, squeeze it pretty hard and it will immediately remove the Pain.

An effectual Remedy for People who are Frost-bitten.

RUB the Parts affected with Snow, till the Limbs are restored to their former Use

An universal Preservative against Infection.

EVERY Person who sees others languishing under any Sickness or Distemper, if he has a Mind to reserve himself from the Infection, ought always to discharge

charge his Saliva or Spittle, and never swallow it, whilst he remains in the Sphere of infected Vapours; for the Saliva is the first Thing that very readily attracts the infected Vapours, which, being swallowed with it, are carried, as it were, by this Vehicle, into the Stomach, where they occasion the most fatal Effects.

The greater Part of Distempers, and particularly malignant Fevers, are contagious: This Contagion, arising from the Ferment that proceeds from the sick Person, diffuses itself in the ambient Air, and infects every Thing to a certain Distance; so that these infected Vapours, being drawn into the Mouth by Respiration, are capable of corrupting the Saliva, which, being swallowed, infects the Stomach, and afterwards the rest of the Body: But when one spits, the Body is secured from the Infection. For this Reason, Tobacco, or spicy Substances, having a strong Smell, kept in the Mouth and chewed, for exciting the Saliva, may be of great Service to all those who visit infected Persons.

Wasting-away or Atrophy.

THIS Disease generally arises from an obstruction of the mesenteric Glands, whence the natural Passage of the Chyle being obstructed, the Blood is deprived from its due Nourishment; the Signs of this Disorder are a hard Swelling of the Belly, loss of Appetite, and a wasting away of the Body in a Consumption. To cure this Disease take Salt of Tartar, Sal Prunella, and Arcanum Duplicatum, of each a Quarter of an Ounce, Sal Armoniac, Three Drachms; mix them together, and put a little of this Powder into the Child's Drink, according to its Age; or it may be cured by the following simple Method: Put Two Drachms of sliced Rhubarb, into a Quart-bottle of small Beer; let it be well corked, and in Two or Three Days it will be fit for Use. Let the Child drink no other Liqueur, as well by Night as Day: When the Child has drank the first Quart, another Quart of small Beer is to be put to the same Rhubarb, and afterwards another, if necessary, and then the Strength of the Disease, and the Rhubarb, will vanish together,

together, but if the first Bottle is likely to purge too much, another Pint of Beer may be put in after a single Pint has been drank, which must be all used before any more is put in.

Scrophula or King's Evil.

THE Diet in this Disorder should be thin and attenuating, light and easy of Digestion, and all salt and smoak-dried Meats ought to be carefully avoided; as also, all Things in general which are hard of Digestion, or yield indifferent Nourishment; the Air should be pure, sweet and dry, and the Body kept moderately open. Take a Scruple of burnt Sponge, and Four Grains of Rhubarb, mix them together for One Dose, which is to be taken Twice in a Day, drinking after each Dose, a Glass of Sea-water; or Ten Grains of the Sea-oak calcined, may be taken Night and Morning, with a Glass of Sea-water, or warm Whey, sweetened with Syrup of Violets; Lime-water is a good Auxiliary in scrophulous Cases, and sometimes a great deal of good has been done by the constant Use of it, mixed with new Milk, without the Assistance of any other Medicines.

To preserve the Teeth.

TAKE a Piece of Stick, such as Skewers are made of, beat it well at one End till the Parts separate and become like a Brush, with this rub your Teeth, without any Powder whatever, and once in a Fortnight (not oftner) dip your Brush into a few Grains of Gunpowder, bruised to a fine Powder, then rub the Teeth with the same: This will remove every Spot and Blemish, and give the Teeth a fine Whiteness; be careful to wash your Mouth well after it, lest the Saltpetre in the composition of the Gunpowder should injure the Gums, which it might do should it remain. This is recommended by a Person who made the above his Practice for Twenty-five Years with Success.

It is necessary to observe, that very near the Gums of People, whose Teeth are otherwise good, there is
apt

apt to grow a false Kind of Enamel, both within and without, and this Enamel, if neglected, pushes the Gums higher, and higher, till it leaves the Fangs of the Teeth entirely bare, above the Enamel, so that sound Teeth are destroyed, because the Gums have forsaken that Part which is not sheathed and protected, in Consequence of such Neglect; this false Enamel must therefore be carefully scaled off; for the Gum will no more grow over the least Particle of this false Enamel, than the Flesh will heal over the Point of a Thorn.

For the Aching of a Hollow Tooth.

TAKE Oil of Wax, and with it moisten well a little Cotton and thrust it up into the Hollow of the Tooth, letting it lie there till the Pain be sufficiently assuaged.

A Remedy for Chilblains.

TAKE a Turnip, roast it well under the Embers, and beat it to a Poultis; then apply it very hot to the Part affected; and keep it on (if required) for three or four Days, in that Time, shifting it Twice or Thrice, if requisite.

A powerful Application to prevent the Apoplexy.

MAKE an Issue at the Meeting of the Sutures, and keep it open for a good While: but if the Case will not admit a Delay, clap on a good Cupping-Glass, without Scarification, or with it, as need shall require, upon the same Concourse of the Sutures.

A Medicine for Costiveness.

TAKE Virgin-Honey a sufficient Quantity, and mix exactly with it as much finely powdered Cremor Tartari as will suffice to bring it to the Consistence of a soft Electuary, of which the Patient may take upon
C 2 the

the Point of a Knife, the bigness of an Almond (more or less) as upon Trial you may find needful.

To discuss Tumours, or ripen them if it cannot discuss them.

TAKE of yellow Wax, Frankincense and Rosin, of each Four Ounces, or a sufficient Quantity, melt them together gently, and, being strained, make up the Mass into a Roll for Use.

A Poultis to ripen Tumours.

TAKE Eight Ounces of fat Figs, Two Ounces of Bean-Flower or Meal: Boil these together in Water, and reduce them to the Consistence of a Poultis, which is to be spread to a good Thickness, and laid warm enough upon the Part, and shifted as often as it begins to grow dry.

An effectual Remedy for a Tumour of the Knee.

TAKE a green Colewort-leaf, with red Veins or Streaks, and having cut the Ribs flat, and almost level to the rest of the Leaf, bruise it with the Haft of a Knife, or some such Thing, apply it to the Part affected, renewing it once or twice a Day.

An useful Powder for such as cannot hold their Urine.

TAKE Roots of the Male Piony, yellow Amber, red Coral, and choice Gum Arabic, of each a sufficient Quantity: Reduce them to fine Powder, mix them well, and let the Patient take of this Mixture from Ten to Twenty Grains twice a Day.

For Suppression of Urine.

GIVE about a Spoonful at a Time of bruised Mustard-seed in any convenient Vehicle.

For

For a Cancer.

A Surgeon educated at Dr. *Stevens's* Hospital in this City informs us, that above Twenty-three Years ago the following Medicine was commonly used in Cancerous Cases, and very often with Success, in that Hospital: It was said to be old *Plunket's* Receipt: It is given in the language of that famous Quack.

R. Crows-foot, which grows in low Ground, One Handful, Dog-fennel, Three Sprigs, which must be pounded very well; Crude Brimstone, Three middling Thimble-fuls, White Arsenick, the same Quantity. All incorporated well in a Mortar, then made into small Balls, the Size of Nutmegs, and dried in the Sun.

The Balls must be bruised into fine Powder, and mixed with the Yolk of a fresh Egg, and laid over the Sore, covered with a Piece of Pig's Bladder split, or the strippen of a Calf when dropt, which must be cut to the Size of the Sore, and smeared with the Yolk of the Egg. If it be applied to the Nose or Lip, you must take Care that the Patient does not swallow any of the Humour: You must also take Care not to lay the Plaister too broad on the Face, or near the Heart; it is a Hazard to exceed the Breadth of a Crown, but in the Feet, or Legs as far as the Sore goes.

The Plaister must not be stirred till it drops off itself, which will be in a Week, but must have a clean Bandage every Day.

Recipe for the Cure of Deafness.

PUT a Table Spoonful of Bay-salt into near Half a Pint of cold Spring-water, and after it has steeped therein Twenty-four Hours, (now and then shaking the Phial) cause a small Tea Spoonful to be poured into that Ear most affected every Night, when in Bed, for Seven or Eight Nights successively, observing to lay your Head on the opposite Side, by which the Cure is generally completed.

Rules

Rules for preserving Health.

EVERY Thing that is heavy, and hard of Digestion must be avoided: And though Vegetables may be thought innocent, there are many Cases in which they will prove hurtful.

Carrots are to be avoided, for no weak Stomach can digest them:—On the contrary Potatoes are innocent; and Parsnips are nourishing.

Among Herbage, raw Sallads should be shunned: Cabbage, and all its Kinds, breed Wind; and are therefore wrong: But Asparagus is diuretic; and is excellent against that common old Man's Complaint, the Gravel.

Heavy Cheese should be carefully avoided, and also much Butter.

All sharp-tasted Things, whether in Food or Drink, are carefully to be shunned.

Fruits in general are to be avoided by aged Persons; but of all others most particularly raw Pears.

Wall-fruit, and other Produce of our Garden-trees and Shrubs, when they have grown in a good Soil, and are exactly of a due Degree of Ripeness, are innocent: But this is the best that can be said of them; and to deserve this all those Circumstances are requisite: Otherwise they hurt the Stomach, and often bring on dangerous Cholicks.

Cucumbers, and the like Productions of all Kitchen Gardens, weaken the Digestion, and greatly prevent the natural and necessary Secretions.

The Pine-apple, the most pleasant of all Fruits, is the most dangerous. I have known it bring on Bloody Fluxes, which have been fatal. There are several Kinds of this Fruit, somewhat differing in Quality; and a perfect Degree of Ripeness, in a great Measure, takes off its bad Effects. These are nice Distinctions; he who is wise will judge as he does of Mushrooms; where many are dangerous avoid all.

Besides rejecting Things which are hurtful in themselves, those who are far advanced in Years should be upon their Guard against such as they are not accustomed to. Particular Constitutions, in Medicines, will
shew

shew unforeseen Aversions to particular Things: And it is the same in Foods. Let him who knows what agrees with him, stick to that. Change is wrong, and it may be hazardous: And 'tis idle to run into any Way of Danger where there is no Advantage.

All Mixtures of Food upon the Stomach are bad; and there is not a greater Error than to eat of many Dishes at one Meal.

Right Management in these Articles is nearly as important as the Choice. A regularity of eating is the next Care to the selecting proper Food, and fixing on a right Quantity.

Ease and Good-humour are the great Ingredients of a happy Life; and the principle Means of a long one.

To kill Lice.

SPRINKLE Spanish Snuff over the Head.

An efficacious Receipt for destroying Buggs

A Physician communicates this well-experienced Receipt for destroying of Buggs, with which he entirely cleared his own Beds, &c. five Years ago, and has communicated it to many Families since, who have all found the same Effects by it, and never saw a Bugg afterwards.

Take of the highest rectified Spirits of Wine, (viz. Lamp Spirits) that will burn all away dry, and leave not the least moisture behind, Half a Pint; newly distilled Oil, or Spirits of Turpentine, Half a Pint; mix them together, and break into it, in small Bits, Half an Ounce of Camphire, which will dissolve in it in a few Minutes; shake them well together, and with a Piece of Sponge, or a Brush dipt in some of it, wet very well the Bed or Furniture where those Vermin harbour and breed, and it will infallibly kill and destroy both them and their Nitts, although they swarm ever so much: But then the Bed or Furniture must be well and thoroughly wet with it (the dust upon them being first brushed and shook off) by which means it will

will neither stain, soil, nor in the least hurt the finest Silk Damask Bed that is. The Quantity here ordered of this curious neat white Mixture, (which costs but about a Shilling) will clear any Bed whatsoever, though it swarms with Buggs: Do but touch a live Bugg with a Drop of it, and you will find it to die instantly. If the Bugg or Buggs should happen to appear after Once using it, it will only be for want of not wetting the Lacing well, &c. of the Bed, or the Foldings of the Linings or Curtains near the Rings, or the Joints or Holes in and about the Head or Head-board, wherein the Buggs and Nitts nestle and breed, and then their being all well wet again with more of the same Mixture, which dries in as soon as you use it, pouring some of it into the Joints and Holes where the Sponge or Brush cannot reach, will never fail absolutely to destroy them all. Some Beds that have much Wood-work, can hardly be thoroughly cleared, without being first taken down; but others that can be drawn out, or that you can get easily behind, to be done as it should be may be done as it stands.

Note. The smell this Mixture occasions, will evaporate in two or three Days, which is yet very wholesome, and to many People agreeable. You must remember to shake the Mixture together very well, whenever you use it, which must be in the Day-time, not by Candle-light, lest the subtilty of the Mixture should catch the Flame as you are using it, and occasion Damage.

For the Bite of a mad Dog.

TAKE a Pound, or Pint, of Vinegar in the Morning, the same Quantity at Noon and at Night; to be continued till the Cure be effected.

The Lady York's choice Recipe to preserve from the Small-Pox, Plague, &c.

TAKE Garlick, Three Heads, Essence of Worm-wood, one Drachm. Let them in use Twelve Hours in Four Ounces of white Wine, and drink the Liquor before you go near the Infected; and afterwards, the Lady affirms, you may go with Safety amongst them.

I N D E X.



I N D E X.

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